

What **EVERYONE** Needs to Know about Flu



Signs & Symptoms of Flu:

1. Sudden onset of symptoms
2. Fever over 100° F in adults, and as high as 103° to 105° F in children
3. Chills and sweats
4. Headache
5. Dry cough; can become severe
6. Muscle/joint aches and pains
7. Fatigue and weakness
8. Loss of appetite
9. Diarrhea and vomiting

Seasonal Flu & H1N1

- Flu is a contagious respiratory illness caused by influenza viruses; H1N1 is also called “Swine” flu.
- Flu spreads easily from person to person (cough, sneeze, runny nose).
- In the US, 5% to 20% of the population gets seasonal flu.
- About 36,000 people die annually from flu-related causes in the US.
- H1N1 has caused greater disease burden in people **younger than 25 years of age** than in older people.
- People with certain chronic conditions may be at high risk for serious flu complications and should consult their physician.
- Those infected and contagious can infect others from 1 day before getting sick to 5 to 7 days after, possibly longer in children and people with weakened immune systems.



PREVENTION IS KEY!

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use. Use the “courtesy cough” if tissues are not available — cough or sneeze into your elbow.
- Wash your hands often for 15-30 seconds with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Rub hands together until the gel is dry.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- If you or your child is sick with flu-like illness, it is recommended that you stay home for at least 24 hours after the fever is gone, except to get medical care or other necessities. Keep your child away from others as much as possible to keep from making others sick.
- Get your seasonal flu shot! Flu shots can be given to children 6 months and older; a nasal-spray vaccine can be given to healthy children 2 years and older.
- Keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures. Try to avoid close contact with sick people.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.
- Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.
- H1N1 viruses are NOT spread by food. You cannot get infected with H1N1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.
- Recreational water (water parks, spas, pools, interactive fountains) that has been treated at CDC recommended disinfectant levels does not likely pose a risk for transmission of influenza viruses.
- While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with H1N1 or seasonal flu virus have occurred.

FOR MORE INFORMATION

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1-800-CDC-INFO